

General Orders



In order for the Junior Lifeguard Program to provide a safe and effective learning environment, all Jr. Guards are required to follow these rules:

- **Arrive ON TIME** wearing uniform with required gear in your issued backpack.
- **DO NOT** bring any valuables. (Examples: I-pod, jewelry, money, etc.)
- Cell phones are not allowed to be used during class time.
- Make-up days are only allowed after missing 5 days.
- A signed note is required from the J.G.'s parent/guardian to be excused
- **DO NOT** wear J.G. uniform outside of Junior Guards (June 24th - August 9th)
- Please throw away your trash.
- Respect all Junior Lifeguard equipment.
- Exhibit good sportsmanship at all times.
- Ask permission before borrowing another J.G.'s equipment.
- Cussing and inappropriate hand gestures are never allowed.
- Answer all questions with "yes", rather than "yeah", "yep", etc.
- Remain enthusiastic and alert at all times
- Always act immediately upon the request of instructors.
- Always use the "buddy system".



- J.G.'s should always be polite, courteous, and respectful.
- J.G.'s should always be safe and follow the "rules of the road".
- Remember: Junior Lifeguards represent the City of Newport Beach.

"I have read the Junior Guard General Orders and I agree to follow them. I understand that violating any of the Junior Lifeguard General Orders, may result in disciplinary action."

JUNIOR LIFEGUARD SIGNATURE

PARENT SIGNATURE
